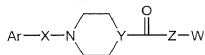


Abstract of the Disclosure

Compounds according to the formula:



and pharmaceutically acceptable salts, solvates or hydrates thereof; wherein group

- 5 Ar is optionally substituted (C₆-C₁₀)aryl or (C₁-C₈)heteroaryl; X is a direct link, -CH₂-, -SO₂-, -CO-, -CHR¹- where R¹ is (C₁-C₆) alkyl, or -CR¹R^{1*} - where both R¹ and R^{1*} are, independently, (C₁-C₈)alkyl; Y is N or CH; and Z and W are as herein defined, and pharmaceutical compositions thereof, and methods useful to facilitate secretion of growth hormone(GH) in mammals.